

LONG TERM PLANS

Year Overview (PE & Sport – Year 8)



PE & Sport Faculty

Students will undertake at least two Invasion activities (football, hockey, rugby, basketball, netball) throughout the year

Invasion activities year 8 autumn/ spring

1. Students will **refine and further develop** the basic skills in each activity area – passing, dribbling, tackling (defending) and attacking skills in conditioned games activities. They will then apply the skills to small sided games to understand where the skills fit in to a competitive situation. **Students will develop strategies to break down defenses and also learn how different formations help to defend space.**
2. It will be **expected of students** to lead groups and develop their leadership skills through coaching, officiating and analyzing each other’s performance **every lesson.**
3. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community

Aesthetic activities in year 8 autumn / spring

1. Gymnastics – students will **refine and develop** the basic core gymnastic skills of travelling (rolling, jumping, travelling **on different body parts**) learnt in year 7 and apply these skills to **more complex sequence work. Here the students will develop the skills at different height levels to form basic sequences. In year 8 students will look at balance and counter balance and develop these skills fully and apply to routines.**
2. Students **will work in groups and** individually to develop sequences and will carry out self and peer analysis of how to improve each other’s performance
3. Trampolining – students will **learn more complex skills of front drop, rotation (back and forward somersault) and twisting** and apply skills to 10 bounce routines. Again opportunities will be given to work independently and in groups to develop routines. Students will also learn how to risk assess activities ensuring activities and skills performed are correct and safe **including how to safely support peers.**

Students will undertake at least one net activity (badminton, volleyball, tennis , table tennis)

Net activities - year 8

1. Students will **refine and develop** strokes involved in the net activities on the forehand and back hand side including serving. **They will learn to apply strategies in the game situation to create room for them to attack space. Students will also develop their skills in singles and double game situations.**
2. **Students will learn and understand all the rules for the selected sport and be able to umpire/referee them confidently.**
3. **Students will refine their leadership skills and be able to lead mini episodes within the lesson.**
4. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community

Health and Fitness – year 8

1. Students will **refine and develop** their understanding of health in terms of diet, heart rate, personal hygiene and the benefits of exercise on the body (Both short term and long term).
2. Students will experience a range of **advanced** aerobic and anaerobic activities through using the equipment in the fitness room and carrying out pulse raising activities outside. Students will also plan and develop basic training programs for themselves to develop their fitness requirements for their respective sports or for general well-being
3. Students will learn how to lead others in a **sport specific warm up** and cool down and also understand the **effects of the short term and long term exercise on the body. Also start to understand how diet can impact on sports performance.**
4. Students will be actively encouraged to join the fitness club to develop their physical well-being.

Students will undertake an activity from both areas athletics and striking

Long term plan for athletic activities – year 8

1. Students will refine the basic skills learnt in running, jumping and throwing in practice situations and then apply these skills to competitive situations. Students will cover at least a 2 sprints and middle distance runs, jumps and throws (two step throw approach). **Students will then develop strategies and technique to throw further, run faster and jump higher in competitive competitions.**
2. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community

Long term plan for striking activities – year 8

1. Students will develop the core skills of fielding – catching, throwing, receiving a ball and hitting to space. They will also develop their understanding of the rules of the activity so that they can perform and officiate in a competitive situation confidently. Again students will **develop** their skills to lead others in the form of coaching, officiating etc.
2. **Students will develop more complex strategies and tactics and apply them more fully in the full game situation**
3. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community